

SOME TIPS FOR A HEALTHIER LIFESTYLE

- Alter unhealthy eating habits
- Start with small changes
- Change your behaviour to healthy eating
- Keep a journal with your food intake
- Reward yourself on your accomplishments & move on
- Increase your water intake
- Maintain an active lifestyle
- Find a friend that will help you stay motivated.
- Do not consider a healthy weight as a diet, it's a LIFESTYLE!!!



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